

Youth Soccer Coaching Guide

Sixth-Ninth Grade

Downers Grove Park District
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Note: Many of the drills are interchangeable with various skills.

Coaching Tips:

There are some important tips that will make your first time as a soccer coach a pleasant one for players, parents, and most of all you.

1. **Have FUN!** Have a good time and make it FUN for the players. A coach's interaction with the players should always be positive and the more the coach engages with the kids, the more they will respond.
2. **Be FAIR.** Being fair is very important too. It is a coach's job to make sure each player has equal playing time, make sure players play each position, and be sure to include everyone.
3. **Be POSITIVE.** Being positive includes every interaction with players, parents, officials, and other coaches. It's always good to set this standard at the beginning of the year so that your parents and players are all on the same wave length.
4. **Ask for Parent Involvement.** At the beginning of the year, ask for parent assistance during practice. This will help get parents involved with their child's play and will help you reduce the player/coach ratio. This is especially helpful in younger players. For young players, try to keep the ratio about 4 kids to each coach. As the kids get older, the ratio can grow as much as 8 kids for each coach. This ratio will depend greatly on your kid's age and skill.
5. **Focus on TEAMWORK.** As a coach, you often will have one or two star players on your team. It is important to grow these players and make them even stronger players; however, it is important to focus on teamwork to get the work done.
6. **Set GROUND RULES.** Before the season starts, meet with the team and parents and establish the ground rules. You will want to cover things such as:
 - sideline behavior – make sure they know they are welcome to cheer, but it is up to the coach and the assistant to do the coaching;
 - have players arrive to practice and games on time;
 - notify the coach if absent or late to game or practice;
 - players are to sit with the team while not in the game;
7. **Know what to practice.** As a new coach, it is hard to come up with games that are appropriate for that level of player. Make sure you are playing small-sided games with younger kids which will focus on game-like situations. Also, make sure you prepare properly and have everything you need to coach soccer.

Making a Lesson Plan:

When making a lesson plan remember the following points:

- Design your session for no the number of players on the team.
- Make sure your drills and activities are age specific.
- Design activities to flow from simple to complex – add elements of the game as you progress.
- Design session to include:
 1. Warm-up.
 2. Small-sided activity (4v2 keep away).
 3. Expanded small-sided activity, with discretion.
 4. 6v6 (5v5 plus keepers) to two large goals.
- Use progression for teaching techniques or tactics as a guide for planning session.
- Use the appropriate space on the lesson plan to diagram your activity, describe the organization and list the key coaching points.
- Include the objectives of the game or exercise and the method of scoring.
- If using restrictions, make sure they are applicable to your objective and topic.
- Include the general dimensions for the playing area – you should be prepared to adjust the size during your session if needed.
- Use the area of the field that is most applicable to your topic if possible to provide a clearer reference for your players.
- Make sure your activities are realistic to the game.

When diagramming, remember the following points:

- Keep diagrams simple.
- Use a straight line for a pass – a dotted line for a run – a scribbled line for a dribble.
- Indicate size of the area on lesson plan next to diagram.
- Indicate neutral players with an N.

Make sure your practice makes sense:

- Does it look like soccer?
- Will your players understand where the practice fits in the game?
- Are the objectives you set for the players to achieve realistic?
- Are your instructions clear and to the point?
- Does the activity or practice bring out the actual elements of the game?

How to Evaluate and Teach:

Team and player evaluation is a large part of being a successful soccer coach. From evaluating team and players abilities, we are able to focus in on our team's strengths and weaknesses and structure our training sessions around these findings. Evaluating a team should be done at all events, and is easiest done in match situations, or even better when done during training sessions.

One of the most constructive ways to evaluate a team or team of players is to use "Free Play". Free Play allows coaches to quickly and easily evaluate the level of competency, creativity and commitment of each player. With that being said, free play is one of the easiest and most effective ways to evaluate players' capabilities. Basically "Free Play" is where players play without restrictions or very limited restrictions on time and space. Players are simply given a general direction on what they should accomplish, and are then left to play on their own while the coach evaluates the play.

During Free Play, players should be encouraged to work hard and players will develop their natural abilities and allows players to become more creative. This time will be very productive for both player and coach and will avoid wasteful time spent organizing lines, keeping players attention, and time spent setting up drills. During this time, the coach should be looking for particular breakdowns in play and coach's observational powers will increase as they are forced to isolate individual action in a group.

As a coach, it is your job to provide an environment for teaching players how to solve match problems. In many situations there are many options to solve the problem, and it's up to the coach to recognize these options and express them to the players. To teach players how to solve match problems the coach will need to set up training sessions that are close to match conditions. The training sessions should be set up as the players can repeatedly execute a specific skill, tactic or combination of each to solve the match problems. As a coach, you should start simple and progress to a more complex situation (static to dynamic).

When setting up the practice sessions, make sure you take into consideration the players' age and skill level. When talking to kids the coach should always remember to communicate in a language that is appropriate to the age of the players and the coach should not use complex terminology that is not understood by the players. Make sure each player is aware of the drill objective (reason for drill) which will allow the players to internalize the skill or tactic being taught. The coach should make sure he has prepared a session that allows each group to be easily manageable with restrictions and consequences appropriate for the players. As much as possible the coach should try to achieve match-like situations and the coach should step in at times for correcting players and giving coaching points. The coach should always reevaluate the players and training session to make sure the players are getting the appropriate skill or tactic and are able to transfer the training session to the game.

So when it comes to teaching players the game, there are some steps to take to become a more effective coach. These steps are:

1. State the tactical or technical objective you are trying to accomplish
2. Demonstrate the skill or drill
3. Involve all players and let all players try it
4. Analyze the level of play and skills being used by players.
5. Evaluate effort, commitment and continue evaluating play.

Please remember that as a coach it is up to you to communicate individual instructions clearly and to use ethical psychological motivation. These are our kids, and a little word of encouragement impacts a player much more than a degrading or embarrassing words.

Key Points Coaching Girls and Boys:

Coaching Boys Soccer

- Intense Motivational Techniques work well
- Coach should focus on the individuals rather than the team.
- Encouragement is not always expected.
- More distance relationship between the coach and players
- Can handle longer more intense training sessions

Coaching Girls Soccer

- People oriented, democratic approach works best
- Coach should focus on the relationships among players
- Encouragement from the coach is a necessity
- More interaction between coach and players
- Shorter training sessions

Coaching Sandwich Method:

Giving Feedback

- Coaching is about changing beliefs and behaviors
- Connecting on an emotional level and maintaining an environment of trust is vital
- Coaching involves reinforcing positive beliefs/behaviors
- Simultaneously challenging negative beliefs/behaviors
- Reinforcing positive behaviors creates an environment of trust
- Also strengthens the emotional connections between individuals
- Never start, or end, a coaching conversation with a negative tone
- Feedback should be both positive and negative
- Your team should never dread or fear feedback sessions
- When delivering the negative feedback, present it with a vision of tomorrow
- What could tomorrow look like if the feedback were implemented?
- Present the feedback in a way that the recipient feels valued and appreciated
- People are different and will require different styles
- Be specific (using examples) and timely (give feedback today)

Reinforce→ Challenge→ Reinforce

Positive→ Negative→ Positive

Practice Plans:

Skill Development

1. Dribbling
2. Passing
3. Receiving
4. Possession
5. Shooting
6. Crossing/Finishing
7. Defending
8. Attacking
9. Small Sided Games
10. Goalkeeping
11. Fitness

DRIBBLING:

Drill Objective:

The purpose of this 1v1 drill is to focus on dribbling to beat a defender and finishing with a shot. This drill can also be used to focus on defensive players defending the dribble.

Drill Setup:

1. Create a 15X15 yard grid about 18 yards from goal.
2. Place a goalkeeper in the goal, and a defender inside the grid.
3. The rest of the team should start at a cone placed about 15 yards from the grid.
4. Each player in line should have their own ball.

Drill Instructions:

1. The first player in line dribbles into the grid, attempts to beat the defensive player, and dribble out the other end of the grid.
2. If he successfully dribbles through the grid and out the other end the attacking player can finish with a shot on goal.
3. If the ball is won by the defensive player, or dribbled out either of the sides of the grid, the attacker quickly becomes defender.
4. The next player in line can go immediately after a shot on goal is taken or the defensive player has won the ball.

Drill Coaching Points:

Head up for awareness. Players should always be scanning the field while carrying the ball while glancing down at the ball through the bottom of your eyes. Players must be aware of opponents, teammates, and space.

Ability to hold the ball close. Players should be able to keep close control of the ball in order to quickly change directions, move the ball away from a defender.

Balance. It is important for the dribbler to have a low center of gravity with knees bent and chest and head over the ball. This will help players start, stop, accelerate and change direction.

Change of pace and direction. The player should be able to cut and turn the ball quickly to avoid tackles or to exploit space.

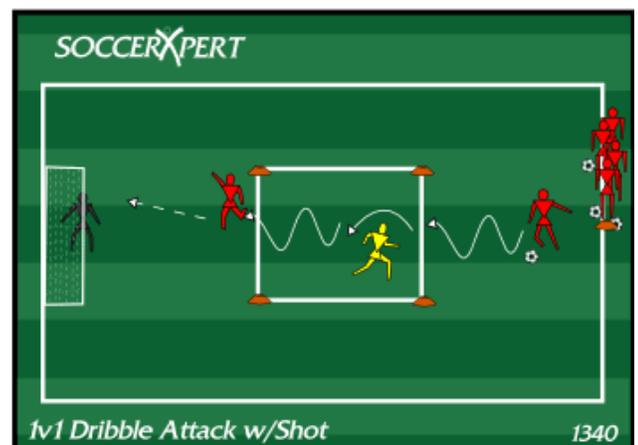
Feints and moves. Players must be able to sell a move with body movements in order to throw the opponent off balance while moving the ball in an attacking position.

Confidence. Players must be willing to attempt to beat an opponent. Player's confidence is important around the penalty box.

Creativity. Creativity is the ability for players to solve different situations with the correct move or combination of moves. This is best taught in a 1v1 game which relies a lot on the individual player's skill to beat his opponent. A player's creativity is often increased with more confidence with the ball.

Drill Variations:

1. Make the grid bigger to make it easier for the attackers and more difficult for the defenders.
2. Make the grid smaller to make it more difficult for the attackers and easier for the defenders.
3. Add a second defender and make the grid slightly larger.
4. Move the grid farther from goal and encourage a longer shot.



Drill Objective:

This dribbling soccer drill will help players recognize when to make runs and get comfortable making those runs with speed.

Drill Setup:

Create 2 20X20 yard grids about 12 yards apart. One grid starts with 5 attackers and 2 defenders, and the other grid starts with 4 attackers and 2 defenders. The 5v2 grid will start the play.

Drill Instructions:

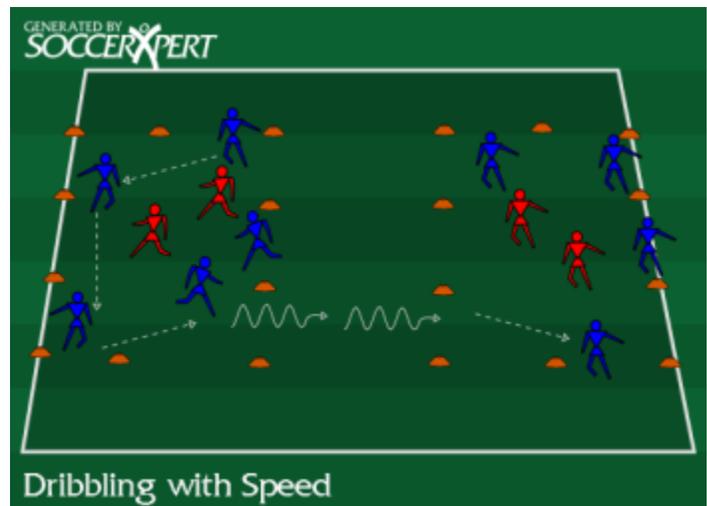
Players are instructed to make X number of passes (X depends on the age and skill level of the players). After x number of passes, players should choose a good opportunity to advance to the other grid on the dribble at match speed. Upon entering the new grid, the player should make a good passing decision to keep the play active and away from the defending players. Supporting players should open up the grid by getting wide and spreading out as much as possible.

Drill Coaching Points:

- Carry ball at speed
- Make right decision when to dribble across grid.
- Good decision when entering opposite grid. Correct decision made to keep possession.
- Players in opposite grid should get wide to give space and options to the advancing attacker.

Drill Variations:

- Restrict the number of touches per player while inside the grid.
- Allow one defender to track the dribbler and enter the opposing grid.



Drill Objective:

This drill is a great soccer drill to teach players to dribble at and beat defenders. It also focuses on other aspects of the game such as passing, receiving, and support. Teaches players to take on defenders.

Drill Setup:

Set up a 45X30 yard grid and split it into thirds. You will need 3 teams of 4. Start with 4 attackers wearing blue in the 1st grid, 4 defenders wearing yellow in the middle grid, and 4 attackers wearing blue in the 3rd grid.

Drill Instructions:

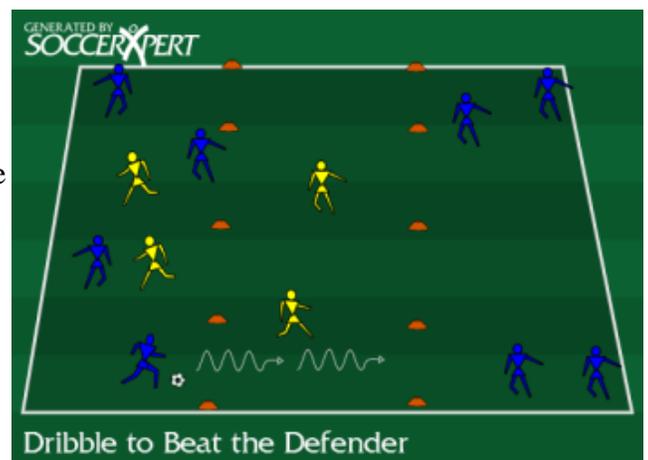
The coach starts the drill by playing a ball into the 1st offensive grid. Players in this grid pass and support each other in their grid while 2 of the 4 defenders enter the grid and attempt to steal the ball from the attackers. When any one of the attackers has the opportunity, they should dribble across the middle defensive grid (defended by the remaining 2 defenders) and make their way into the other attacking 3rd where they give that grid a numerical advantage. The 2 defenders that were originally defending the middle third now step in and defend the 3rd attacking grid while the remaining 2 defenders now defend the middle grid. This will cause one grid to always play 5v2 while the other grid will always play 4v2. If the defender wins the ball they should play the ball back to the coach who quickly restarts the play. It is important that the attacker DRIBBLES across the grid and into the other attacking 3rd.

Drill Coaching Points:

- Make sure players are dribbling with speed and taking on defenders.
- Make sure passing, receiving, turning and shape of runs are appropriate to maintain possession.
- Good supporting runs.

Drill Variations:

- Make each team pass X number of times before they are able to cross the middle defensive grid.
- Limit the number of touches from each player.
- Add additional defenders to give more defensive pressure.



PASSING:

Drill Objective:

This soccer passing drill is a great drill to teach players movement, awareness, accuracy, timing, first touch and passing with all parts of the foot. Good pass and move soccer drill.

Drill Setup:

Start with 6 players in blue and 6 players in red. Red players outside the circle and blue players are inside the circle with a ball each.

Drill Instructions:

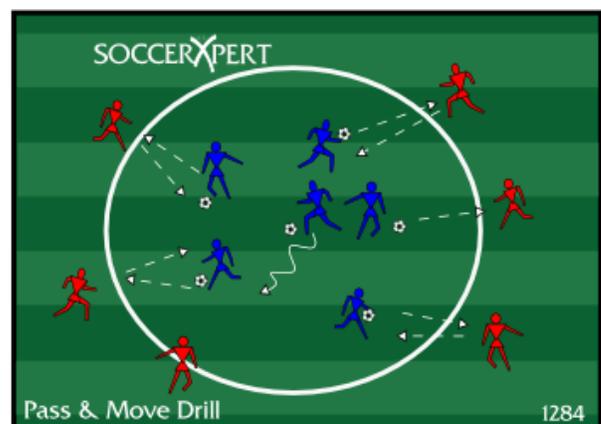
The blue players inside the grid pass to an outside player and receive the ball back from the outside player and move across the circle to pass to another outer player. Players must go through the center of the circle but avoid other players. Players should pass and move. Change the groups every 5 minutes.

Drill Coaching Points:

- Make sure the players put the proper weight, accuracy, and timing of each pass.
- Players should control the ball into space with their first touch.
- Players should use all foot surfaces.
- Players should be reminded to keep the ball moving at all times.
- Remind players to accelerate with power after receiving the pass.
- Players should be aware of their surroundings and continue to communicate with their teammates.
- Pass and move

Drill Variations:

Split into 3 groups of 4 players each with different color bibs. The new group will become passive defenders who are responsible for marking the 4 attacking players inside the circle. The remaining 4 players spread out on the outer side of the circle. The attacking team will only play with 2 balls. The ball must be played in by one attacker and received by a different attacker on the same team.



Drill Objective:

This soccer drill is great for a little more advanced player from 11 years old to 14 years and focuses on passing to split two defenders.

Drill Setup:

Make a grid approximately 18x18 yards. Split team into three teams of two players per grid. Build multiple grids for additional games.

Drill Instructions:

2 teams work together on the outside of the grid while the 2 defenders work on the inside of the grid. The four players on the outside keep possession and keep the ball from the defending team in the grid. The outside team scores a point when the ball is passed between two defenders (SPLIT) and is received by their teammate across the grid.

If a player on the attacking team makes a mistake, he and his partner become the defenders and the team winning the ball comes outside the cones and joins the other attackers.

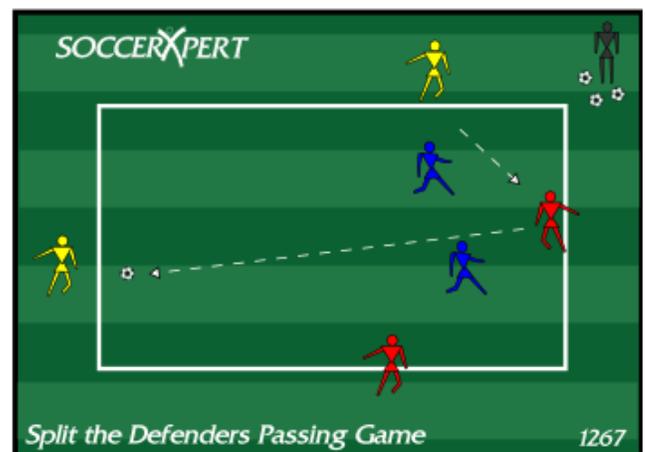
When the defensive team gets split, they have to win the ball 1 extra time. So for example, say the 2 defenders get split 2 times before winning the ball, they must win the ball 3 times before switching with the attackers.

Drill Coaching Points:

- Make sure the attacking players are moving for their partners and opening up in space.
- Make sure balls are passed with good pace and on target
- Encourage players to communicate verbally and with their body and hands.

Drill Variations:

- Limit the number of touches per possession
- Play the same game, but expand the grid 3-5 yards on all sides and have the players play inside the grid instead of outside the grid.



Drill Objective:

This soccer passing drill focuses on quick ball movement and combinations. Use this soccer combination drill to clean up first touch and tight passing, or spread it out and work on long passing.

Drill Setup:

1. Set up 4 cones in the shape of an elongated diamond.
2. Assign an all-time passer on each of the two cones where the points of the diamond are closest.
3. Rotate these passers every 3-5 minutes. In our diagram, the passers are in red.

Drill Instructions:

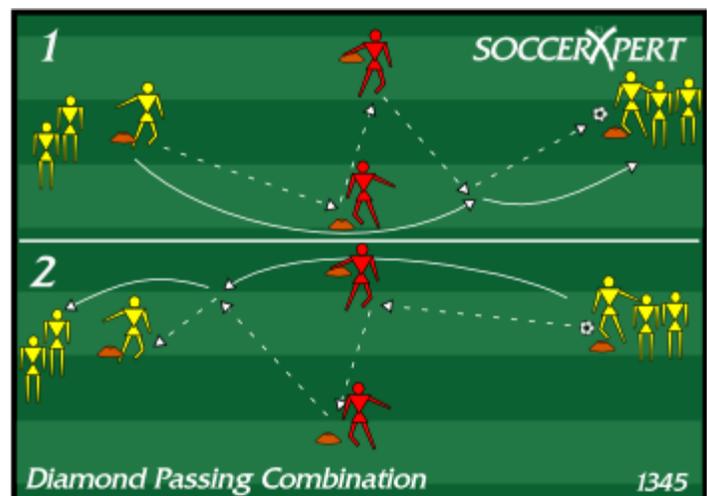
1. Have the first player in line pass to one of the passers and overlap them.
2. The passer that receives the first pass plays a first time ball into the other passer who then returns the ball to the player overlapping.
3. The player then plays into the next player in line and the pattern repeats going the other direction.

Drill Coaching Points:

- Focus on clean, crisp passing.
- Movement off the ball must be timed with the pass.
- The drill should flow with a continuous passing pattern.
- Focus on speeding up the combination play.

Drill Variations:

- Play every pass 1-touch.
- Expand the distance between cones and play longer balls in the air.



RECEIVING:

Drill Objective:

This soccer drill is mainly focused on technical skills during warm up. This is a great drill to do at the beginning of each game.

Drill Setup:

Players are divided into pairs with 1 ball for each pair. Player 1 stands along the touchline, while player 2 starts about 5 yards away facing their partner. Players 2 will start with the ball.

Drill Instructions:

The player 2 holds the ball in their hands and jogs backwards across the field making tosses to their partner. The player 1 jugs forward and receives the ball and returns the ball to their partner. When the players reach the other touchline, the roles should be switched and return to the other touchline. The players should work on one of the following skills each time across the field.

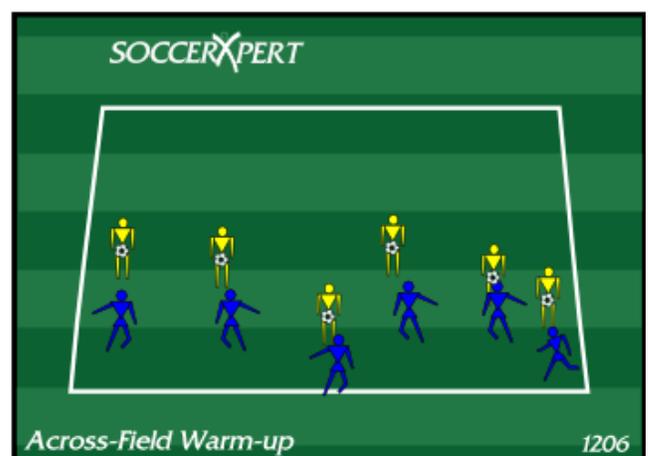
1. Volley the ball back to the thrower with the inside of the foot - alternating right and left.
2. Volley the ball back to the thrower with the instep (shoe laces) - alternating right and left.
3. Trapping the ball with the thigh and returning it to the thrower.
4. Trapping with the chest and returning it to the thrower.
5. Heading back to the thrower – should make the receiver do jumping headers as well.

Drill Coaching Points:

- Good body positioning behind the ball.
- Controlled touches before playing the ball back.
- Getting a good warm-up.

Drill Variations:

- Reverse the direction of the thrower and the receiver where the thrower jogs forward and the receiver jogs backwards.



Drill Objective:

This receiving soccer drill focuses on passing and receiving flighted balls during warm-up.

Drill Setup:

Coach builds a circle with a 20 yard diameter. Players are split into two groups with 1 ball for each 2 players.

Players form two groups. Group 1 is outside the circle, each with a ball in hand. Group 2 is scattered inside the circle.

Drill Instructions:

Players inside the circle check away and then move to any player with the ball. They settle the ball with the appropriate body part as instructed by the coach, and return the ball on the ground to the player who threw it to them. The inside player should then move to another player and repeat. Players should be continually moving to other players. Play continues for 1 minute then switch player positions.

Drill Coaching Points:

- Good first touches
- Good body position (shoulders facing the thrower)
- Good passes to feet with the right amount of pace.
- Encourage hard work.

Drill Variations:

- 1-touch passes on ground.
- Inside of foot volleys.
- Instep volleys.
- Thigh Volleys.
- Chest Volleys.
- Headers.



Drill Objective:

The circle passing combination drill will focus on passing, communication, playing with speed, and playing to feet. This is a great passing warm-up drill that can be a great start to a passing practice.

Drill Setup:

1. Create a circle around two central players where the outside players are about 5-7 yards from each other.
2. The two central players should have a soccer ball each.

Drill Instructions:

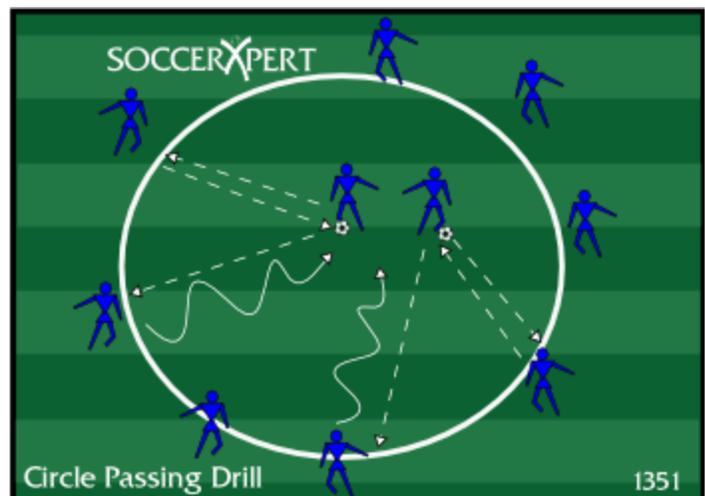
1. The central players begin the drill at the same time by passing to outside players on the opposite sides of the circle.
2. The outside player returns the pass back to the central player who maintains his central positioning.
3. The central player then immediately plays to the player to the left or right of the initial player he passed to.
4. As this second outside player receives the pass he now switches roles with the central player and looks to continue the same pattern on the opposite side of the grid.
5. Leave it up to the players to decide whether to play to the left or right side of the outside player based on whether the player is being used by the other central player.
6. Players must play with their heads up scanning the field and communicating so that two balls do not get played to the same player.

Drill Coaching Points:

- Good crisp passes with good pace on them - not too soft or too strong.
- Heads up scanning the field to find the open players
- Play with speed. Start slow and once they figure it out, ramp it up.
- Make sure central players maintain the central position until switching with the outside player in order to play facing the ball. If they get in too tight there will not be much time to play the ball.
- Allow the kids to be creative with their combination play.

Drill Variations:

- Change it up and do other passing combinations. Be creative.
- Play one touch, then two touch passing.



POSSESSION:

Drill Objective:

This soccer drill focuses on supporting the player with the ball including early support, moving without the ball, and good angle and distance of support.

Drill Setup:

Create two 12X12 grids with one common side. Split into 2 groups of 3 players (3 red and 3 yellow). Place 3 red and 1 yellow player in one grid and the remaining 2 yellow players in the other grid. The single yellow player in the red grid will start as defender.

Drill Instructions:

Play a 3v1 in the first grid, focus on early support, good angles, good distance, and giving the player with the ball two passing options.

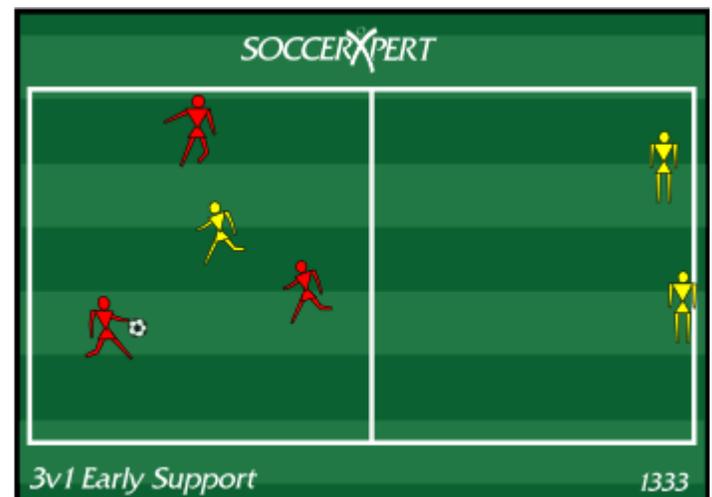
The defender's objective is to gain possession and pass to a player on their team in the other grid. If this happens, that defender joins his team in the grid and the person who caused the turnover also joins the grid and becomes defender. In the new grid play 3v1 again.

Drill Coaching Points:

1. **Early support** - start supporting before the ball is received.
2. **Good angle** - support in undefended space where the pass cannot be intercepted by the defender.
3. **Move without the ball**
4. **Support both sides of the attacker** with the ball.
5. Focus on a **good first touch in space** towards a supporting player.
6. Use deception when playing.

Drill Variations:

- limit the number of touches



Drill Objective:

This 4v2 soccer game will help perfect early support, movement without the ball, and good angle and distance of support.

Drill Setup:

Create two 18X18 grids with one common side. Split into 2 groups of 4 players (4 red and 4 yellow). Place 4 red and 2 yellow players in one grid and the remaining 2 yellow players in the other grid. The 2 yellow players in the red grid will start as defenders.

Drill Instructions:

Play a 4v2 in the first grid, focus on early support, good angles, good distance, and giving the player with the ball at least 2 passing options at all times.

The defender's objective is to gain possession and pass to a teammate in the other grid. If this happens, that 2 defenders join their team in the new grid. The person who caused the turnover along with one other teammate joins the new grid as defenders. Play 4v2 and repeat this pattern.

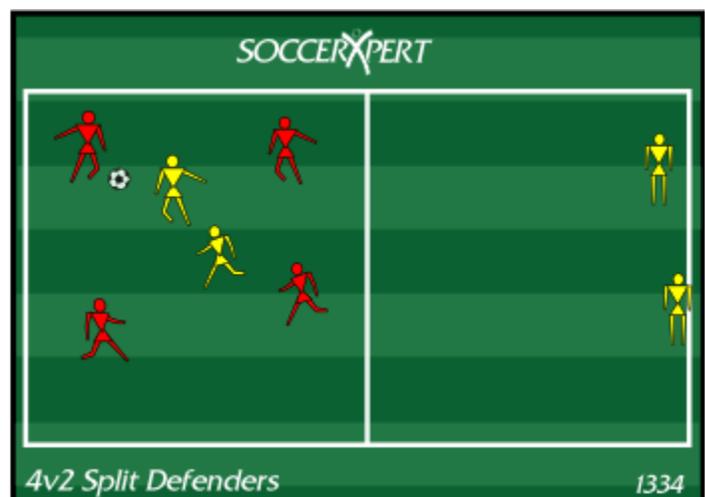
This game should be very dynamic and players should be moving at all times. Even the players waiting in the opposite grid should be moving to put themselves in a good supporting role.

Drill Coaching Points:

- Early support - start supporting before the ball is received.
- Good angle - support in undefended space where the pass cannot be intercepted by the defender.
- Move without the ball
- Support both sides of the attacker with the ball.
- Focus on a good first touch in space towards a supporting player.
- Use deception when playing.

Drill Variations:

- limit the number of touches



Drill Objective:

This is a passing combination drill that involves 3 player at a time. The combination sequence that will help perfect passing, combination play, movement off the ball, and will help improve player's fitness level.

Drill Setup:

1. Create a grid approximately 10X20 yards.
2. Two players start on the corner cone opposite each other.
3. One player starts in the center of the grid.

Drill Instructions:

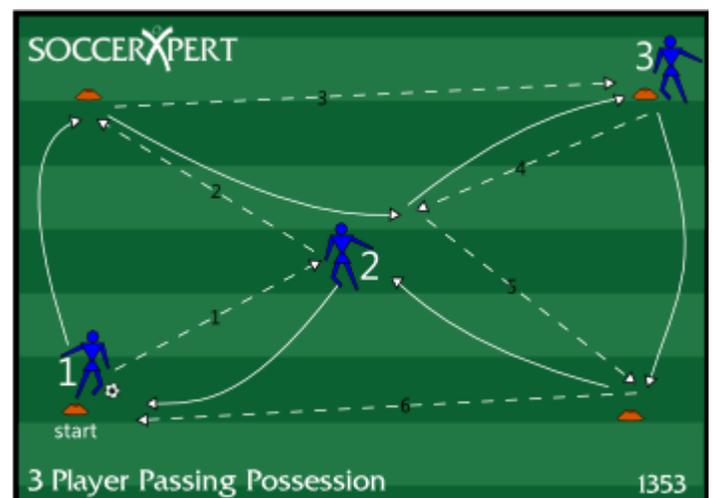
1. Player 1 starts the play by passing into the central player (Player 2).
2. Player 1 moves to the cone to his side and receives the ball back from player 2.
3. After returning the ball to player 1, player 2 moves to player 1's original starting position at the cone.
4. Player 1 plays a long ball to Player 3 and moves into the center of the grid to become the new central player.
5. Player 3 plays into Player 1 who returns the ball to player 3 at the cone placed 10 yards away.
6. Player 1 now takes the starting position of Player 3 while Player 3 plays a long ball down to the starting position and Player 3 becomes the central player.
7. The pattern is repeated.

Drill Coaching Points:

- Focus on the quality of passes such as weight, pace, accuracy.
- A well timed run facing the passing direction will assure a more accurate pass.
- The players must communicate with each other to make the drill easier.
- Players must concentrate on making the correct runs off the ball.

Drill Variations:

- Switch and go the other direction so that players are used to playing from different angles.



SHOOTING:

Drill Objective:

This is a simple soccer shooting drill that is great for warm-up to a shooting practice or warm-up prior to a game.

Drill Setup:

Create a 10X10 grid just beyond on the edge of the 18 yard box. Divide the team into 2 lines on the far cones facing the goal. One player from each line steps to the cone near the 18 (this player becomes the player that lays the ball off to the player on the cone farthest from the 18).

Drill Instructions:

Player 1 passes a diagonal ball to player 4, player 4 has a touch and lays the ball off into space for player 1 to run onto the ball and hit a first time strike on goal. The shooting player (player 1) takes the place of the player that set up his shot (player 4), and player 4 shags the shot and switches lines.

Next, Player 2 passes a diagonal ball to player 3. Player 3 lays the ball off to player 2 who shoots first time on goal. Player 2 becomes the target player; the target player (player 3) shags the shot.

Make sure the players switch lines so they shoot with both feet.

Drill Coaching Points:

- Good controlled approach on the ball
- Plant foot in good spot next to the ball
- Shoot with the appropriate foot
- Hit the ball on target

Drill Variations:

Have the target player pick up the balls and toss them in the air for the shooting player to volley or half-volley.



Drill Objective:

This soccer drill is designed to focus on chipping, trapping and shooting inside the 18. If you need your team to feel more comfortable inside the penalty box, you have to practice there.

Drill Setup:

Divide the team into 3 equal lines. Group A is on one corner of the penalty box near the end line. These players should have a large supply of soccer balls. Group B is on the other corner of the penalty box near the end line and Group C is at the top of the penalty box semi-circle. Also have your goalkeeper in the goal.

Drill Instructions:

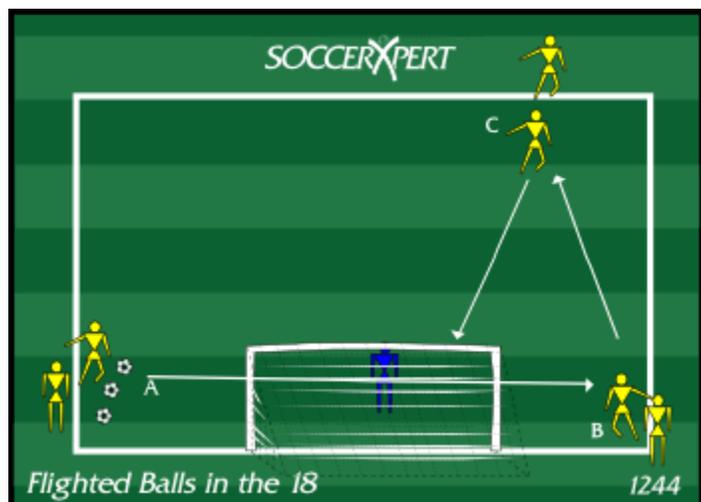
The first player from Group A serves a flighted ball across the face of the goal to Group B who takes the ball out of the air with a good control touch and passes the ball to Group C. Group C then takes a shot on goal. The players should rotate A, B then C.

Drill Coaching Points:

- Focus on quality of flighted balls, control touches and shots. Players should learn to be more comfortable in front of the goal and focus on finishing the ball.

Drill Variations:

- Restrict the number of touches (one-touch)



Drill Objective:

This soccer shooting drill will focus on shooting on the turn. Players are forced to turn quickly and shoot on goal.

Drill Setup:

- You will need a full size goal with a keeper in the goal.
- Set up two cones about 20 yards from goal about 10 yards apart.
- Split the team into two groups starting at each corner flag.
- Each player needs a ball.

Drill Instructions:

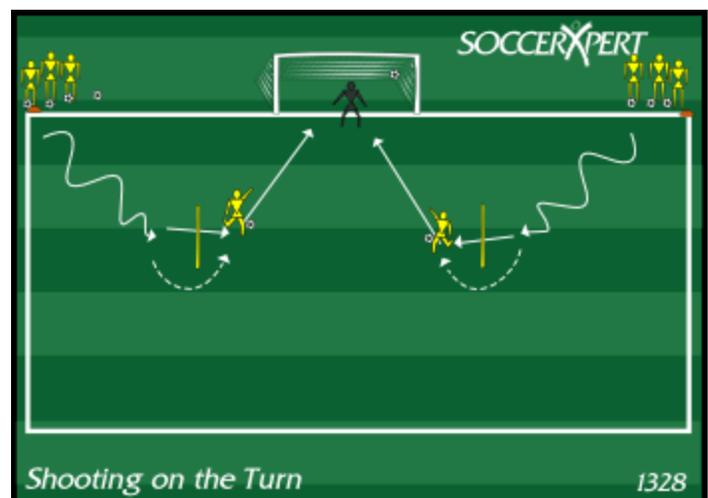
1. The first player from group 1 dribbles toward the cone on his side.
2. As he gets about 5 yards from the cone, he should pass the ball to the inside of the cone and run around the outside of the cone.
3. Without taking another touch, the player then has a shot on goal.
4. The 1st player in group 2 starts as soon as the shot is taken.

Drill Coaching Points:

- Shoot with the correct foot.
- Good shooting form.
- Good soft touch around the cone.
- Follow the shot.
- Good keeper positioning.

Drill Variations:

- Have a competition and keep score of goals made.
- Switch sides so players shoot with both feet.
- Change the distance of the shot by moving the cone close or farther back.



Drill Objective:

This is a great shooting drill that focuses on making a move before shooting, making a 1-2 combination play before shooting, then taking on a defender 1v1 before shooting.

Drill Setup:

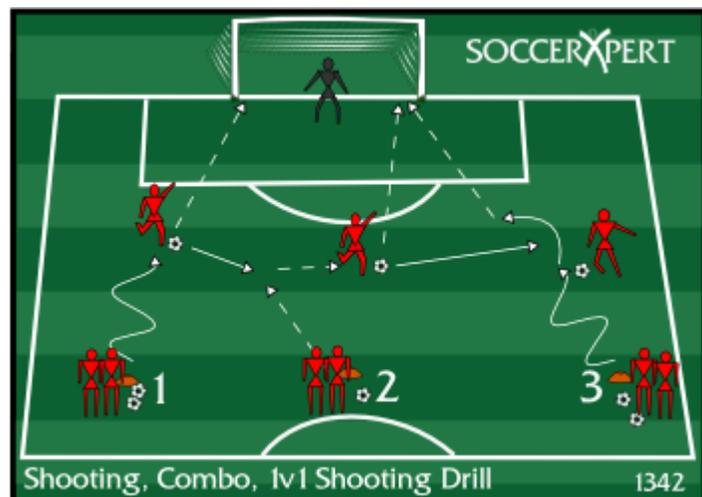
Create 3 lines (Line 1, 2, & 3) of players about 30 yards from goal with a goalkeeper in goal. Each player in line needs a ball.

Drill Instructions:

1. Instruct line 1 to make a move and shoot before the edge of the penalty box.
2. After player 1 shoots, they need to check into player 2 for a 1-2 ball. Player 1 should lay the ball off to player 2 for a first time shot.
3. After player 2 shoots, they move to defend the player in line 3. Player 3 should beat player 2 and have a shot on goal.
4. The players should not change lines yet. Let each player work through their line 3-4 times before switching lines.

Drill Coaching Points:

- Focus on good shooting technique, landing on the kicking foot, following through onto goal, and putting the ball on target.
- Kids should pay attention and remember their next task after shooting.



CROSSING/FINISHING

Drill Objective:

This drill focuses on attacking from the end line from the flanks and serving a ball in. This is a great crossing game to isolate the flank players and getting them to serve the ball in front of the goal.

Drill Setup:

Using half of a field, move the goal to the midfield line facing a goal on the end line. Using 4-5 cones on each side, create a 10-yard wide channel along each touchline. Two teams of 4 will play in the middle. Each team has one player in the channel, and the goals should have a goalkeeper in both nets. One team will start with the ball, and the remaining balls should be placed behind the goal.

Drill Instructions:

Instruct the players to play 4v4 in the middle area and 1v1 on the flanks in either channel.

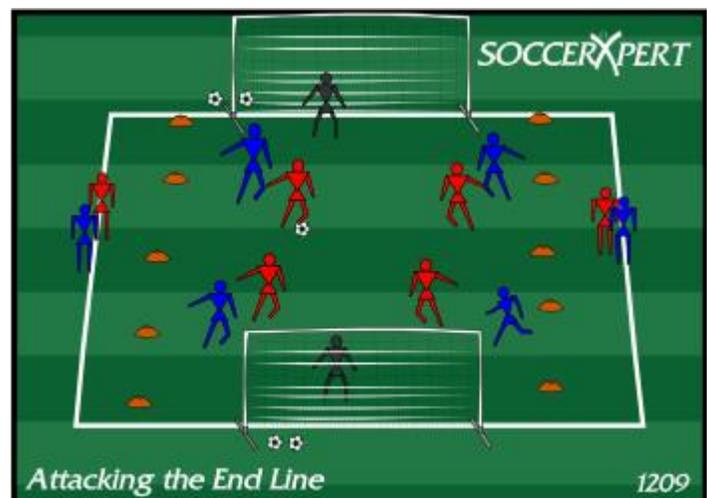
The ball must be served from a channel to score a goal. When the ball is in the channel, the channel players should play 1v1 until one of the player's breaks into the offensive end of the channel. At this point, the defender should allow the cross. The four middle players become near post, far post, trail and supporting runs. Play is continued.

Drill Coaching Points:

- Proper service of crosses from flanks. When to serve on the ground, when to knock back, and when to drive hard.
- Make sure attackers are making proper runs.

Drill Variations:

- Increase or decrease the number of players in the middle
- Use wall passes, takeovers or overlaps.
- Rotate channel players.



Drill Objective:

This crossing and finishing drill focuses on attacking within the 18 yard box. This soccer drill mainly focuses on crossing, shooting, and heading.

Drill Setup:

You will have five lines across the field about 5 yards from the penalty area. Place your crossing players on the outside lines and your attacking central players in the middle three lines. Instruct the middle three lines to attack a certain area of the goal (ie. back-post, near-post).

Drill Instructions:

Have the first player in the crossing lines step out in front of the lines facing the crossers to become a passing player. The next player in the crossing line is the crosser. The crosser passes the ball to the passing player who plays the ball back to the crosser. The crosser now plays a ball past the passing player into the corner of the field and crosses into the middle players who should be running onto the cross. The crosser now becomes the passing player and play repeats. Alternate the crosses from right to left.

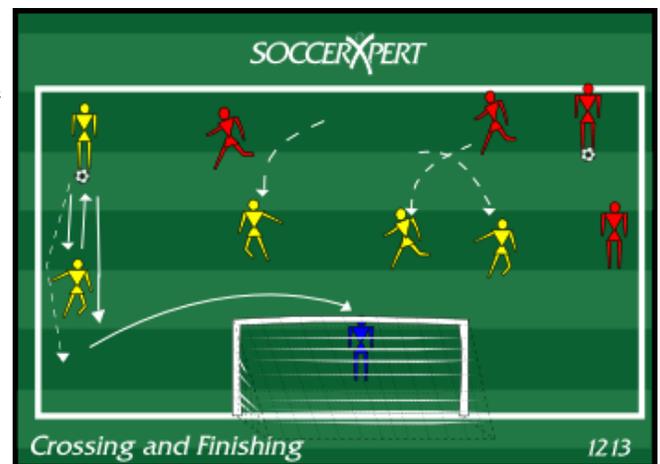
Drill Coaching Points:

- Focus on proper body position from the crossing players assuring they are getting their hips facing the middle of the field.
- Make sure attackers are properly timing their runs and not getting in too quick or too slow.
- Finishers should be composed in front of the goal and look to redirect the ball past the keeper.

Drill Variations:

- Play in 1-touch on every ball.
- Add defensive players in the middle of the field to create defensive pressure.
- Specify the requested finishing style (ie. score on headers, volleys)
- Have the crossers drive the ball low.
- Have the crossers drive the ball in hard.

Note: heading can only be practiced during training sessions, not games, according to US youth soccer mandates.



Drill Objective:

This is a great cross and finish drill that allows you to focus on a short build-up, combination play, timing of runs, and crossing and finishing.

Drill Setup:

- You will need the attacking third of the field, including a full size goal, to perform this crossing and finishing drill.
- Set a training stick on each sideline about 5 yards in and equal to the top of the penalty box. These training stick will serve as an obstacle for the crosser to run around to make sure they are getting as wide as they can.
- Set a cone about 10 yards from the each of the flags towards mid-field. This will be the starting point of the outside crossing players.
- About 12-15 yards from the penalty area create a grid that is about 15 yards wide and 10 yards deep. Each of these cones will be a starting point for each of the players to perform the combination play.
- You will need a large supply of balls just outside the grid on the midfield side.

Drill Instructions:

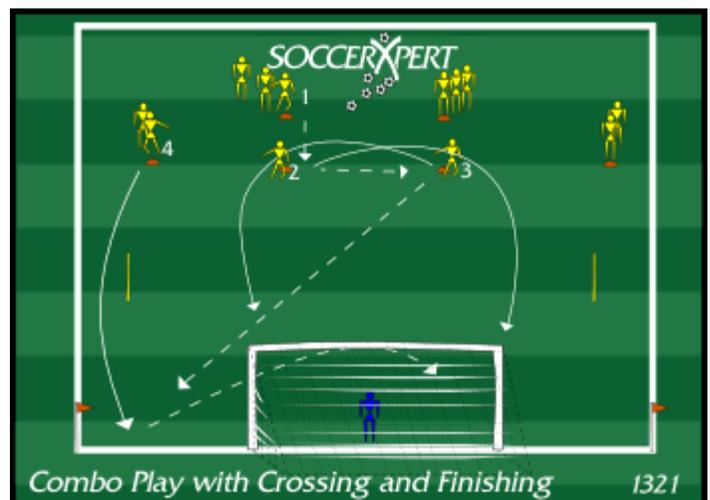
1. Player 1 starts with the ball and passes into player 2 who lays a ball off in the direction of player 3.
2. Player 2 then makes a run around BEHIND Player 3 and makes a back post run.
3. Player 3 then passes a firm ball into the corner of the field into the space of player 4, and makes a run around Player 2's cone and times his run onto the front post.
4. Player 4 makes a run around the outside of the training stick towards the corner flag, has a prep touch and serves the ball into the finishing forwards. The forwards should work together to finish on goal.
5. The first 2 players step up to the next grid.
6. Repeat the crossing and finishing drill in the other direction for a right footed cross.

Drill Coaching Points:

- Clean, crisp passes.
- Good movement to build up the cross.
- Time runs of forwards.
- Crosser has good prep touch and good cross into the runs of the forwards.

Drill Variations:

- Have players play in 1 touch. Allow the crosser to have 2 touches unless the pace of the ball allows him to hit it first time.



Drill Objective:

This is a dynamic shooting and finishing soccer drill that will focus on the timing of the combination play, touching the ball with your back to the defender, and having a quick tight turn and a shot on goal.

Drill Setup:

1. Using half of the soccer field, place a keeper in the goal.
2. About 18 yards from goal, set two cones about 5 yards apart that are placed perpendicular to the goal. The first shooter starts between these two cones.
3. Place a cone equal to each side of the penalty box about 10 yards from the top of the box. Place a player on each of these cones.
4. Place another cone in the middle of the field about 10 yards from the side cones.
5. The shape of the cones should be in a diamond with the cone closest to the goal having a small window.
6. His or her window will be used as a passing reference for the player to receive the ball as they check into this space.
7. The remaining players should be positioned at the cone farthest from goal with a ball each.

Drill Instructions:

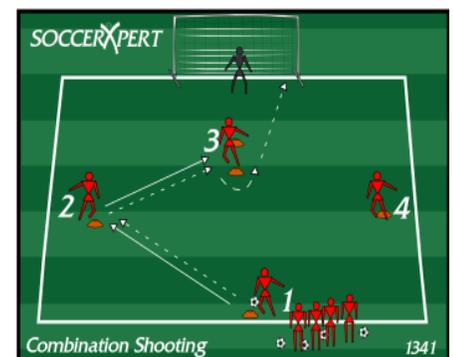
1. Player 1 passes the ball to player 2 and follows his pass.
2. Player 2 then passes to player 3 between the cones as player 3 is checking through the cones.
3. Player 2 follows his pass and checks into the cones in the middle.
4. Player 3 should have a touch with their back to the goal towards their far side and finish with a right footed shot on goal.
5. As Player 2 is making the pass to player 3, the new player 1 makes a pass to player 4 and follows his pass.
6. Player 4 passes into the new player 3 who is checking-in between the cones.
7. Player 3 has a tight touch and turn with their back to the goal towards the back side and finishes with a left footed shot.
8. Player 1 will then pass to player 2 and the same pattern is followed.

Drill Coaching Points:

- Focus on crisp passes and well-timed movement.
- The shooter should have a clean, quick turn while keeping his back to goal until he comes out of his turn for the shot.
- Play with speed.
- Finish on goal.

Drill Variations:

- Play all touches in 1-touch.
- Move the cones farther apart and work on flighted balls into each player.
- Have a passive defensive player apply pressure on the back of the shooter to simulate a defender putting pressure on the attacker. Make sure the shooter does not expose the ball to the defender.



DEFENDING:

Drill Objective:

This drill is designed to get players to play balls wide when playing from the back (defensive third of the field). Players will recognize that they will find more time and space in the outsides of the fields and be relieving the center of the field from dangerous play.

Drill Setup:

Create a grid approximately 40X25 yards. Create a small goal on the endline with two cones. Create two 7 yard channels along the outsides of the field on the center line. Split the players into 2 teams of 4.

Drill Instructions:

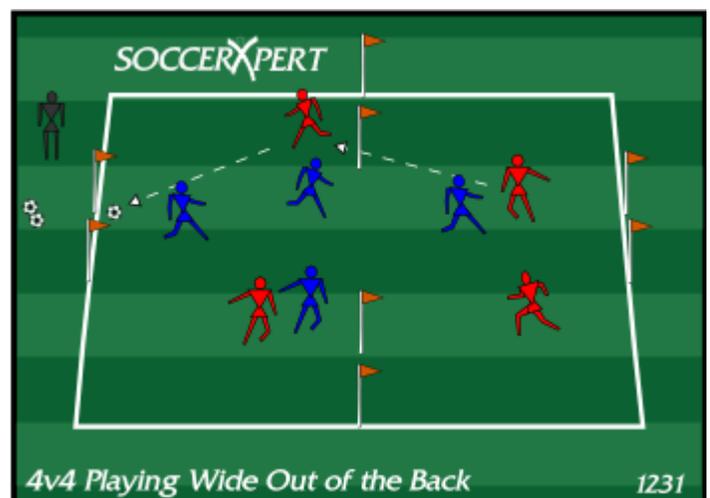
Each team has a goal to defend. Scoring is achieved when the ball is won in the back half of the field and played wide through a channel. Players are not allowed to go forward unless it is passed or dribbled through the channel first.

Drill Coaching Points:

- Once the ball is won, players must quickly open up for their teammates which will allow for quick switch (changing the point of the attack).
- Players should be thinking a step ahead of the play.
- Once the ball is won defensively, keep possession and get out of the back by going wide.

Drill Variations:

- Limit players number of touches
- Add a 2nd ball
- Ball must be PASSED through the channel



Drill Objective:

The focus of this soccer game is to teach players recognize the first defender (closest defender to the ball) and second defenders (player covering/supporting the first defender). The drill should also be geared towards teaching the players how to pressure the player with the ball and what is proper cover positioning.

Drill Setup:

Set up a large grid approximately 60 X 40 yards with a goal on each endline with a keeper. Split the teams into 2 even teams

Drill Instructions:

Instruct the players to shout "ONE" if they are the defender closest to the player with the ball. The 2nd defender who is covering the space behind the first defender shouts "TWO" indicating they are the 2nd defender in cover position. If a player fails to shout the appropriate number, the opposing team receives a free-kick.

Drill Coaching Points:

- Help the players recognize when they are the 1st or 2nd defenders.



Drill Objective:

This drill is designed to get players to play balls wide when playing from the back (defensive third of the field). Players will recognize that they will find more time and space in the outsides of the fields and be relieving the center of the field from dangerous play.

Drill Setup:

Create a grid approximately 40X25 yards. Create a small goal on the endline with two cones. Create two 7 yard channels along the outsides of the field on the center line. Split the players into 2 teams of 4.

Drill Instructions:

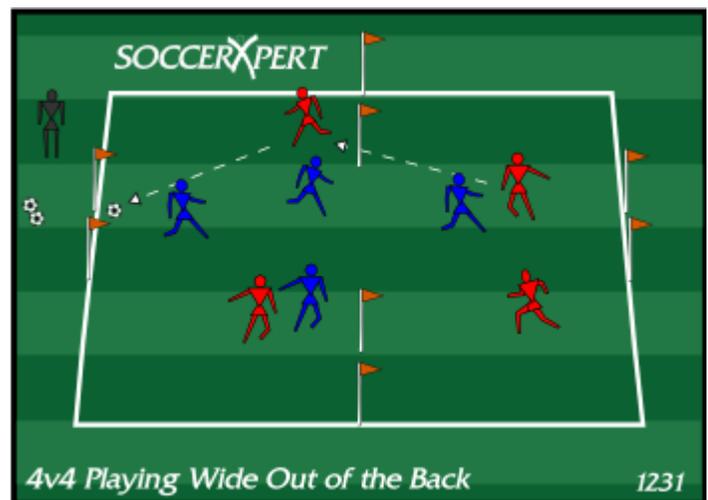
Each team has a goal to defend. Scoring is achieved when the ball is won in the back half of the field and played wide through a channel. Players are not allowed to go forward unless it is passed or dribbled through the channel first.

Drill Coaching Points:

- Once the ball is won, players must quickly open up for their teammates which will allow for quick switch (changing the point of the attack).
- Players should be thinking a step ahead of the play.
- Once the ball is won defensively, keep possession and get out of the back by going wide.

Drill Variations:

- Limit players number of touches
- Add a 2nd ball
- Ball must be PASSED through the channel



Drill Objective:

This soccer fitness drill is designed to improve defensive speed and quickness in front of the goal.

Drill Setup:

1. Start by lining the defensive players up on the right corner of the 18 yard box.
2. Set up 6 to 8 6" training hurdles approximately 2 yards apart.
3. Mark off 5 yards and place a training stick.
4. At a 45 degree angle away from the goal mark off another 5 yards from the last training stick and set another training stick.
5. Set a third training stick approximately 5 yards directly towards the sideline from the last

Drill Instructions:

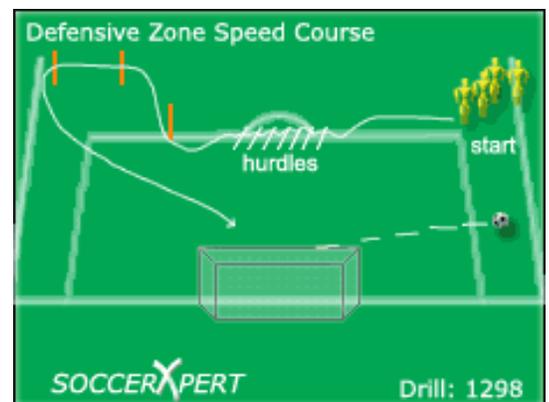
1. Instruct players to quickly double step over each training hurdle making sure each foot is placed in between each hurdle.
2. Upon exiting the last training hurdle, the player should quickly sprint to the first training stick.
3. Player should make a quick 45 degree cut around the first training stick and head towards the 2nd training stick.
4. Upon approaching the 2nd training stick the player should make another 45 degree cut and head towards the last training stick.
5. The player should make a 90 degree cut around the last training stick and sprint towards the top of the 6 yard box.
6. As the player starts their spring towards the 6 yard box the coach should play a ball (bouncing or on the ground) towards the goal and the defensive player must quickly maintain possession and distribute the ball to the coach who is near the sideline nearest the line of defenders.

Drill Coaching Points:

- quick feet
- good speed
- quick cuts
- sharp turns
- haul booty

Drill Variations:

- Have a player cross from the outside, without offensive pressure, allowing the defender to handle crossed balls while traveling towards their own goal.
- With a player crossing the ball from the outside, send the attacker through the course two hurdles ahead of the defensive player, with the attempt to not allow the attacker to score from the cross.



ATTACKING:

Drill Objective:

This drill focuses on attacking in a number's up situation and opening up and finding the attacker in a 1v1 situation. This drill puts a lot of emphasis on good passing, receiving and general possession.

Drill Setup:

Create two 10 x 10 yard adjacent grids. Start with 3 attackers and 2 defenders in an alternate jersey. Have 2 attackers and 1 defender in one grid, and 1 attacker and 1 defender in the adjacent grid.

Drill Instructions:

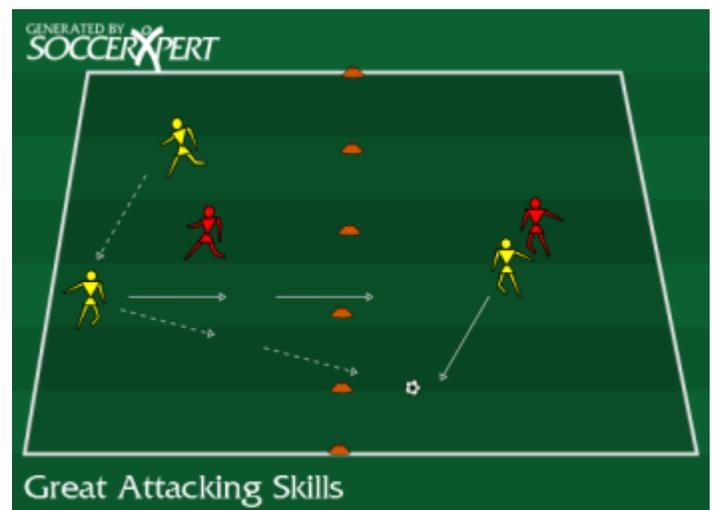
The attackers in the 2v1 grid control the ball against the single defender. While the attacker in the 1v1 grid is making runs to get free from the defender. The attacker in the 2v1 grid who passes the ball to the 1v1 attacker follows the pass into the grid and creates a new 2v1 in that grid. The play repeats. If the defenders win the ball, they should attempt to hold possession from the attackers.

Drill Coaching Points:

- Focus on proper passing, receiving and possession.
- Make sure attackers are creating space to exploit when the time is right.

Drill Variations:

- Enlarge the grids and increase the number of players.
- 3v2 and 2v2
- 4v3 and 3v3



Drill Objective:

This soccer drill focuses on building an attack from the back starting with the keeper's distribution. When performed on a full field this drill demands a great deal of fitness as it should be executed at top speed in a continuous fashion.

Drill Setup:

Place a goalkeeper in each of the two goals with a large supply of balls each. Split the team into two groups with approximately 6 players in each line. These groups line up on the corner of the field on diagonally opposite corners of the field. Two additional players are in the center of the field (center circle).

Drill Instructions:

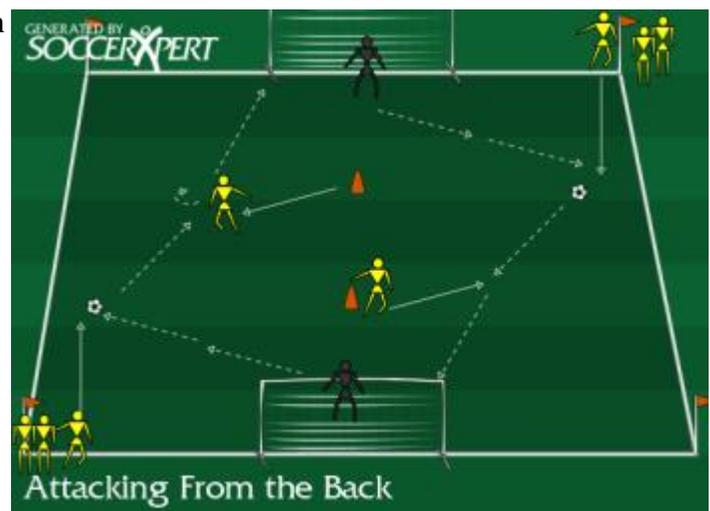
The goalkeepers begin the drill by simultaneously distributing the ball to the first player in each line. This player should be making an advancing run while receiving the ball from the keeper. Each player controls the ball from the keeper and passes to the feet of the feeder player in the center of the field. The center player will then control the pass, turn and dribble towards the goal and shoots outside the 18-yard line. The shooter then goes to the end of the line and the passer becomes the center circle player.

Drill Coaching Points:

- Focus on proper passing, trapping and shooting.
- Getting out the back quick and under control. Try to counter quickly to simulate a numbers up situation

Drill Variations:

- Add a defender to create a 1v1 situation with the shooter.
- Have the passer overlap the wing creating a 2v1 situation.



Drill Objective:

This drill is designed to focus on all aspects of the game in a 3v2 situation. Mainly runs of attackers, angle of support, passing vs. shooting decisions, defensive shape, and recovery runs, along with working on mental attentiveness.

Drill Setup:

Set up two goals facing each other about 35-40yrs apart with a keeper in each goal. Split players into two even teams Blue and Red. A cone should be placed on the left and right side of the field marking the center of the field. The Red team starts from one side, and the Blue team starts from the other side.

Drill Instructions:

3 Blue players step out with a ball and become attackers.

2 Red players step out and defend.

If the attacking team (blue) score, they are distributed a new ball and attack the other goal. The defenders (red) step off, get back in their team s line, and two new defenders (red) would step on.

If the attackers (blue) do not score, they step off, and the 2 defenders (red) become attackers, an additional player (red) is added on the attack. 2 new defenders (blue) step out.

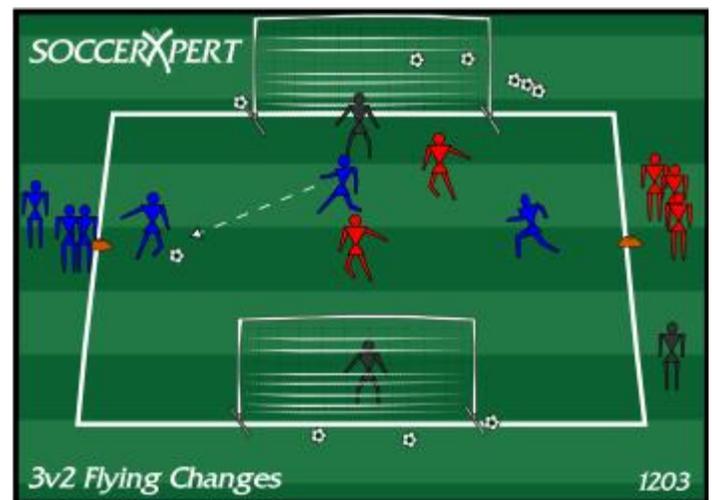
The game is a very fast paced/dynamic game. Make sure the keepers in each goal have an ample supply of balls. There shouldn't be any pauses between changes to incorporate quick transition and to focus on paying attention.

Drill Coaching Points:

- * Changes in the direction and speed of play
- * Appropriate use of 1st touch
- * Appropriate use of short or long passing
- * quick transition
- * good passing/shooting decisions
- * proper offensive and defensive shape
- * paying attention/following the game

Drill Variations:

- * change the number of players 2v1 or 1v1
- * restriction added - must beat defender before shoot



Drill Objective:

This is a great team tactic dribbling drill that focuses on when and where to dribble in the attacking third.

Drill Setup:

- This drill requires the attacking third of the field with a full size goal.
- Split the team into 6 attackers, 6 defenders, a goalkeeper and a server.
- The server will start around midfield with a supply of balls.
- Defenders are instructed to play tight man-to-man defense.

Drill Instructions:

1. Attackers move to get free from their defender in order to receive a pass from the server.
2. As the attacker receives the ball, they must immediately face his defender before dribbling.
3. Their decision at this point should be
 - a. Take a shot if an opportunity exists.
 - b. Pass to a player in more advantageous spot.
 - c. Dribble to beat the defender.

Drill Coaching Points:

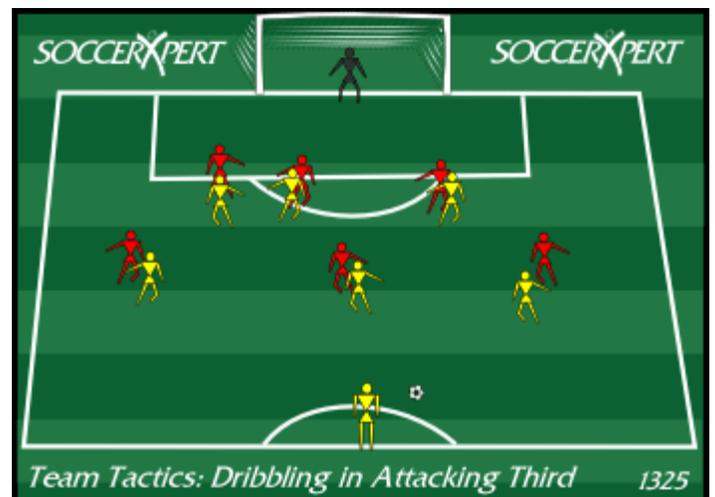
- Tight defense will create a risk in going forward, but a risk that must be taken in order to score.
- Players work together to create space.

Decisions

- Players should dribble in the offensive third when a shot or pass is not available.
- Beat the defender and get to the space behind
- There is no support.

Drill Variations:

- Remove restrictions on the defenders.



SMALL SIDED GAMES:

Drill Objective:

This soccer game uses lanes to divide the soccer field into three equal areas to teach spacing and separation to young soccer players.

Drill Setup:

In an area approximately 40X30 yards, set cones around the parameter of the grid and evenly divide the grid into three equal rectangles by aligning two vertical rows of cones approximately 10 yards apart. Use a pug goal or flags to set up a small goal on each goal line. Divide the team into groups of 4 players and assign positions (in the shape of a diamond) 1 defender in middle zone, 1 attacker in the middle zone, one right midfielder in the right zone, and one left midfielder in the left zone. Attempt to match up equal players in each position for each team.

Drill Instructions:

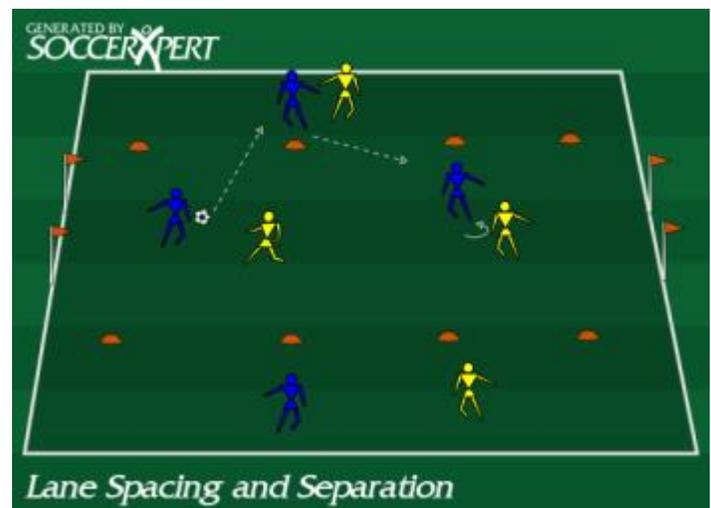
Play 4v4 and restrict players to their lane (zone). Players can dribble, pass, receive passes, attack and defend as long as the players remain in their zone.

Drill Coaching Points:

This is a great soccer game to encourage players to spread out the field and teaches positioning and spacing. You can also use this drill to focus on zonal defending or building the attack from the back. The possibilities are limitless and can be used to focus on many aspects of the game.

Drill Variations:

- You can start out 3v3 with one player in each zone for younger players to simplify the game a bit.
- Limit the number of touches to encourage more passing.



Drill Objective:

This drill is designed to encourage midfield and defensive players to look up field to find the "Target Player" and play to that Target player.

Drill Setup:

Build a large grid approximately 40X40 yards and divide your team into 2 even teams, you can adjust the size of the field based on the number of players and their age. Each team should build a 10X10 grid on their attacking end and place one target player in this grid. (see diagram)

Drill Instructions:

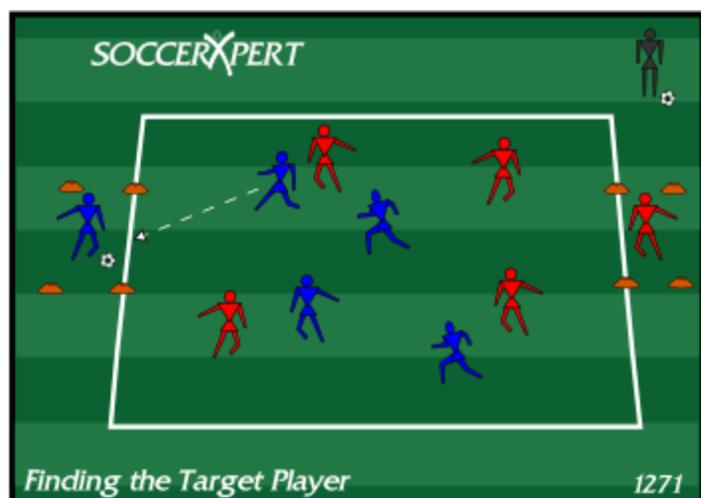
Inform the two teams to play against each other and points are scored when a team is able to keep possession and play a flighted ball into their team's Target Player who is inside the 10X10 grid. If they player successfully controls the ball inside the box that team is awarded a point.

Drill Coaching Points:

- Make sure players are getting their heads up quickly to find the target player
- Make sure players play the target player early. Make sure there is a clear distinction of playing "kickball" and playing early. Make sure it is a purposely placed pass rather than accidental.

Drill Variations:

- Create a larger box and add a defender with the target player (have the defensive player be somewhat passive at first)



Drill Objective:

Soccer Tennis is a great game to focus on volleys and balls out of the air. It can be played virtually anywhere and the older kids will love it.

Drill Setup:

Build a court that is 12 X 24 yards (2 12 yard squares). Assign a team of 3 players to each of the 12X12 grid.

Please note: The size of your court will depend on the number of players and can be made larger or smaller depending on the number of players playing and their age.

Drill Instructions:

To begin the game, instruct the serving team to have one person start serving the ball from behind the back line. The server must volley or half volley the ball to their opponents side of the court. The receiving team has one bounce and two touches to receive the ball and play it back to their opponent's side of the court, however, the ball doesn't have to bounce and the ball can be played in 1 touch.

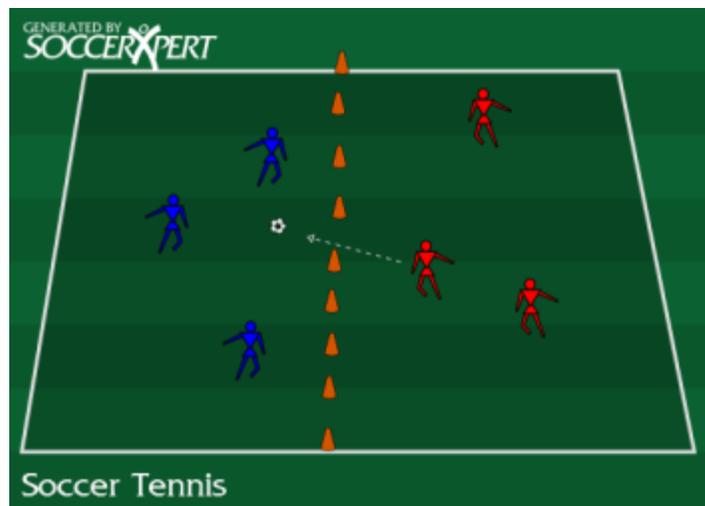
If the ball does touch the ground twice, or is knocked out of the playing court, a point is awarded to the serving team. Keep score just like you would in tennis.

Drill Coaching Points:

- HAVE FUN
- This is a great way to let kids experiment with controlling/judging flighted balls

Drill Variations:

- Based on the skill level of the players, adjust the touch/bounce limits



GOALKEEPING:

Drill Objective:

This is a great soccer goalkeeper warm-up drill. This is a great warm-up to add to the pregame warm-up. Goalkeepers will love this warm-up.

Drill Setup:

This warm-up will only require a goal and about 6 or so soccer balls. Make sure the goalkeeper has performed jogging, stretching and some light catching before performing this warm-up.

Drill Instructions:

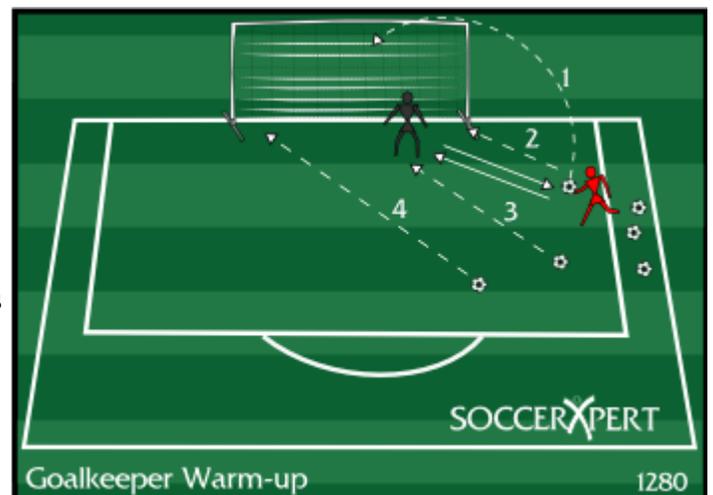
From the side of the goal, approximately 7 yards from goal, the coach should gather 6-7 soccer balls with one in hand. On the coach's command, instruct the goalkeeper to sprint out to touch the soccer ball you are holding, then quickly back peddle towards the goal (while keeping their eyes on the ball in your hand). As the keeper back peddles towards the goal throw a high lofted ball at the goal where the goalkeeper must punch over the cross bar or catch it. After the ball is caught, the coach throws a ball towards the near post in which the keeper must quickly react and push the ball past the post out of touch or catch the ball. The coach then quickly throws another ball towards the far post and the keeper must again catch or push the ball past the post. After this ball is caught the coach then shoots the next ball on goal and the keeper must make a save again. Now move to the other side of the goal and do it again. There is a lot of movement for the keeper involved in this warm-up, so be sure not to tire your keeper. This drill is designed to be dynamic and fast paced, so make sure to instill that in your keeper prior to beginning the drill.

Drill Coaching Points:

- Quick footwork and movements.
- Cut off angles since shots are from sides.
- Keep Shoulders square to the ball.
- Quick recover from shots and being ready for rebounds
- Make sure keeper is correctly judging high balls.

Drill Variations:

- Move back 3-4 yards and play every ball as a shot from the ground.
- Play more high balls where the keeper has to move backwards towards their goal.



Drill Objective:

This Goalkeeping Shooting Angle Drill is great for improving Goalkeeper positioning and angles when being shot on. This drill focuses on correct footwork, proper angles, and quickly setting the goalkeepers feet for the shot.

Drill Setup:

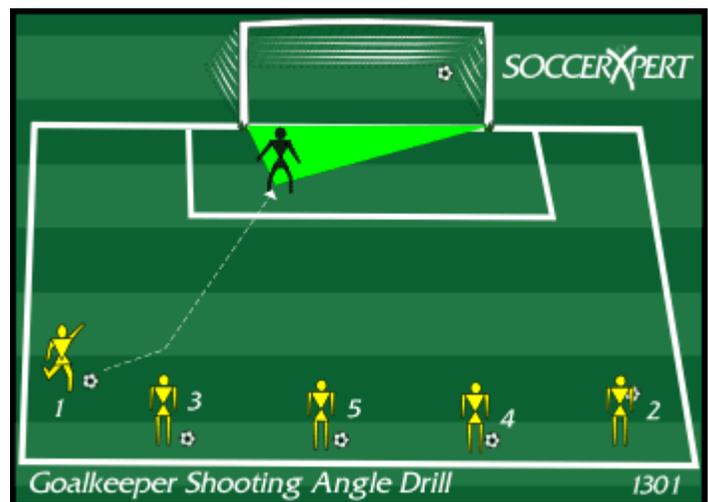
Position 6-10 servers across the outer edge of the penalty area in front of the goal. Each server should start with a ball.

Drill Instructions:

The servers should push the ball to the left, right or straight at the goal then shoot. Instruct the goalkeeper to adjust their positioning according to the position of the ball. The goalkeeper should then set their feet and get into ready position and make the save. The goalkeeper should quickly set for the next shooter and repeat.

Drill Coaching Points:

- Good, Quick footwork (do not cross feet when shuffling)
- Good angle and positioning on moving ball - instruct them to stay between the ball and the goal
- Make sure they set their feet to get ready for the shot
- They should react quick to the shot
- Make sure they catch the ball clean with good hands



Drill Objective:

This is a great **goalkeeper drill designed** to focus on the *goalkeepers movement* along the goalkeepers arc in order to keep proper angle in the goal.

Drill Setup:

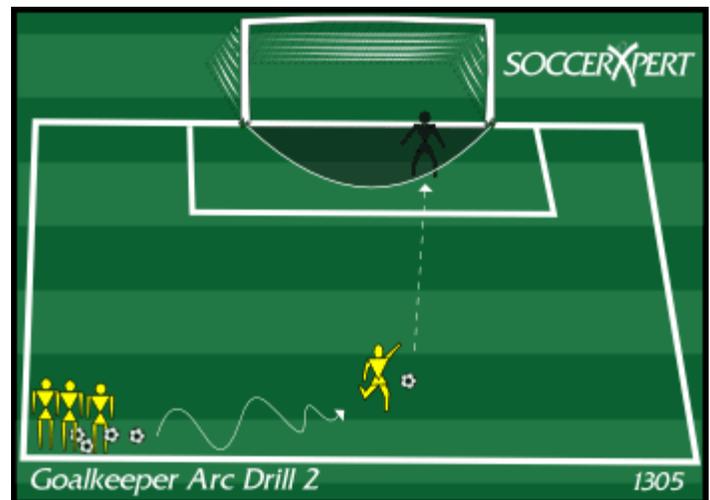
With a large supply of balls and the keeper in the goal, have 2-3 servers start on one corner of the penalty area.

Drill Instructions:

Instruct the servers to dribble across the top of the penalty area. As the server moves across the penalty area, the goalkeeper must move along the imaginary goalkeeper's arc 2-6 yards from the goal line while keeping their body positioned between the goal and the ball. The dribbler can shoot at any point at their own discretion. The keeper should make the save and quickly move in place along the arc for the next shooter.

Drill Coaching Points:

- Goalkeeper should shuffle feet quickly without crossing their feet
- Goalkeeper should keep good position on the arc between the ball and the goal
- Goalkeeper should keep a good distance of 2-6 yards from the goal line and never on the goal line.
- Keeper should move quickly



FITNESS:

Drill Objective:

In soccer the shuttle run is a fundamental fitness training exercise to build soccer endurance. This movement represents an important soccer specific movement and is a great exercise to not only build speed, stamina, acceleration, and endurance, but by adding a ball it can also work on controlling the soccer ball at top speeds when your body's become tired and fatigued. The shuttle run is a great fitness exercise to include in your soccer training since soccer is a constant stop-and-go sport.

Drill Setup:

You will need the following to perform this exercise: cones or markers, a soccer ball, and a wall or a person to return the ball to you. To set up the Dribble/Pass Shuttle Runs exercise mark off 6-8 cones 5 yards apart in a single line. Make sure the player has gone through a proper warm-up and stretch prior to starting this fitness exercise. Each player should perform approximately 4-5 sets.

Drill Instructions:

To begin the exercise, the working player will start with the soccer ball on the first cone and dribble full speed to the first cone, cut the ball quickly and pass to the return player or wall and sprint back to the starting marker without the ball. The return player should stop the ball near the starting line where the working player should quickly gain possession and dribble with speed to the 2nd marker. This pattern should be repeated for each of the cones.

Drill Variations:

To add a little variation to the shuttle runs exercise, have the return player toss a ball to the working player as they are approaching the starting cone and the working player should quickly control the ball, finish their run to the starting line, and dribble to the next marker as before. A specific body part can be isolated by having the return player throw to a certain body part such as: thigh traps, chest traps, or traps with the feet.



Drill Objective:

The Four-Corner Fitness Drill is a great soccer fitness drill designed to improve lateral speed and agility required in soccer.

Setup:

Set four cones in a grid that is 15X15 yards.

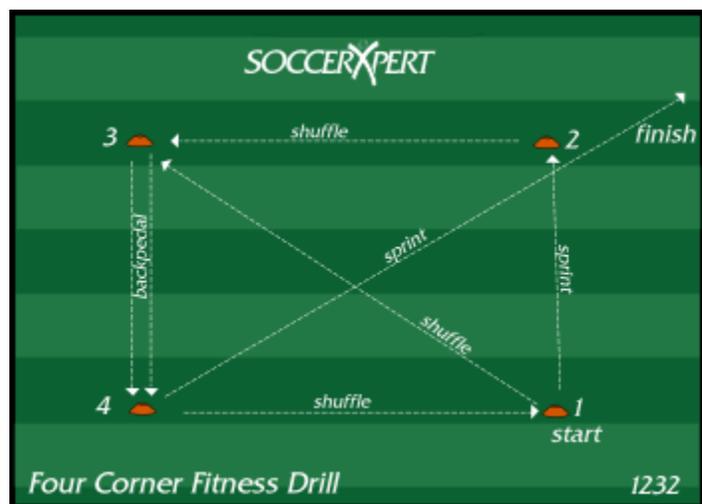
Drill Instructions:

Start at cone 1 and sprint to cone 2. Shuffle to cone 3. Backpedal to cone 4. Shuffle back to cone 1. Shuffle across the grid to cone 3. Backpedal to cone 4. Then sprint past cone 2.

Repeat 4 to 5 times with 1 to 2 minute rest between reps.

Coaching Points:

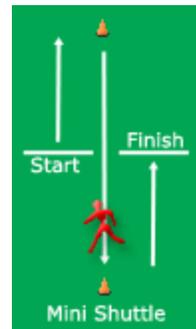
Low center of gravity when moving laterally and backwards. Focus on quick starts, fast change of direction and speed.



AGILITY:

Mini Shuttle

1. Place 2 markers 20 yards apart. Place 2 marker in the middle only 3 yards to each side. (see diagram to right)
2. Starting from the left-middle marker sprint to one end (10 yards), turn and immediately sprint to the other end (20 yards) and then to the finish marker (10 yards).
3. Turn on a different foot at each marker and try to touch the ground with your hand.



Weave In/Out

1. Place 6-8 cones out in a straight line approximately 3 yards apart.
2. In between each set of cones place another cone only 3 yards to the left. (see diagram right)
3. Sprint from one cone to the next bending down to touch each one with your hand.
4. The emphasis is on taking quick side steps, rather than turning to face the cone and sprinting forward which that takes more time.



Follow the Leader

1. Mark out a large area - 20 yards by 20 yards for example.
2. Pair up with a team mate and have them run randomly within the area.
3. Try to maintain 2 yards distance from them at all times. Your team mate should be changing direction and pace constantly.



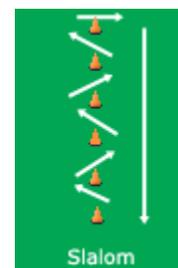
Super Shuttle

1. Set a series of cones out in a cross formation. (see diagram right)
2. Run backwards to the center cone, side step to the right cone (or your left if you are performing the drill), side step back to the centre cone still facing the same way.
3. At the center cone turn and sprint forward to the end cone. Now run back to the center cone, side step to the left, side step back to the center, then turn and sprint back to the start.
4. Phew! Sounds complicated - it's not - the diagram explains it quicker than I can!



Slalom

1. Place 10 shuttles in a line 5 yards apart.
2. Weave in and out as fast as possible and walk back to the start.
3. This exercise is often performed much more slowly with a ball. The goal here is to develop speed of leg movement so no ball is used.



Box Drill

1. Use 4 cones or markers to mark out a square approximately 5yards by 5yards.
2. Place a cone in the center of the square. This is your starting position.
3. Give each corner a number and remember it! Have a team mate (or your coach) call numbers at random.
4. Sprint to the corner shouted and return to the middle.



For more drills, visit www.soccerxpert.com.

FORMATIONS:

<u># of Players</u>	<u>Recommended</u>	<u>Optional</u>
4 v 4	1-2-1 NO GK	2-2, 3-1 NO GK
5 v 5	1-2-1	2-2
6 v 6	2-1-2	2-2-1
7 v 7	2-3-1	3-2-1
8 v 8	3-3-1	2-3-2
9 v 9	3-2-3	3-3-2
11 V 11	4-3-3, 4-4-2	3-4-3

